

Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim
1	30/03/2026	800 Repetitions	3-6	75 secs	Gary.M	Improve ability to run at a good sustained pace. Practice pacing.
2	06/04/2026	400 Repetitions	8-12	45 secs	Steve.T	Improve aerobic conditioning and running economy.
3	13/04/2026	200 Repetitions	12-16	30 secs	Gemma.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
4	20/04/2026	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set	Angela.A	Practice conserving resources and improve pace and strength.
5	27/04/2026	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Martin.S	Sustained effort, improve pace and stamina
6	04/05/2026	600 Repetitions	6-10	60 secs	Gary.M	Improve lactic and aerobic threshold.
7	11/05/2026	400 Repetitions	8-12	45 secs	Gemma.H	Improve aerobic conditioning and running economy.
8	18/05/2026	King George Playing Field - Tear & Share	30 mins	75 secs	Steve.T	Improve ability to run at pace for longer. Simulate a race. Run in opposite direction pairs
9	25/05/2026	800+400+200+200	2-4	45/25+ 60 secs after s	Angela.A	Practice conserving resources and improve pace and strength.
10	01/06/2026	400 Repetitions	8-14	45 secs	Steve.T	Improve aerobic conditioning and running economy.
11	08/06/2026	200 Repetitions	14-20	30 secs	Gary.M	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
12	15/06/2026	Tempo Run - King George Playing Field	6 / 6 / 6 or 10 / 10 / 10	1 & 3	Gemma.H	Improve ability to run at pace for longer
13	22/06/2026	600*30 mins		60 secs	Gary.M	Improve lactic and aerobic threshold. Run as many repetitions within the allotted time.
14	29/06/2026	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Kirsty.A	Sustained effort, improve pace and stamina
15	06/07/2026	200 Repetitions	14-20	30 secs	Martin.S	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
16	13/07/2026	800 Repetitions	4-8	75 secs	Paul.W	Improve ability to run at a good sustained pace. Practice pacing.
17	20/07/2026	600 Repetitions	6-10	60 secs	Rory.H	Improve lactic and aerobic threshold.
18	27/07/2026	200 Repetitions	14-20	30 secs	Angela.A	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
19	03/08/2026	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set	Ollie.C	Practice conserving resources and improve pace and strength.
20	10/08/2026	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Kirsty.A	Sustained effort, improve pace and stamina
21	17/08/2026	800+400+200+200	2-4	75/45/25 + 60 secs after set	Ollie.C	Practice conserving resources and improve pace and strength.
22	24/08/2026	200 Repetitions	14-20	30 secs	Rory.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.
23	31/08/2026	400 Repetitions	8-14	45 secs	Martin.S	Improve aerobic conditioning and running economy.
24	07/09/2026	800+400+400	2--4	75-45-75	Paul.W	Build aerobic and lactic thresholds. Increase pace on each repetition.